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ABSTRACT

This booklet, intended for use by educators and by workplace and community organizers, introduces women who have been featured on U.S. postage stamps as well as a few of the women who clearly merit such honor in the future. Postage stamps featuring women have been relatively few and far between and have only skimmed the surface of U.S. women in history. This booklet contains more than 40 biographies of exemplary women, including Jane Addams, Juliette Low, Clara Barton, Rachel Carson, Willa Cather, Amelia Earhart, "Ma" Rainey, Eleanor Roosevelt, Sacajawea, Sojourner Truth, and Mildred "Babe" Didrikson Zaharias. The booklet also contains 12 suggestions for classroom activities and information on how to nominate other U.S. women for commemorative postage stamps. A sample stamp design and a "matching" game also are featured. (BT)

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Women Putting Our Stamp on America

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Biographies and Activities for National Women's History Month March 1999

National Women's History Project

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Women
Putting Our Stamp on America

Biographies of Women Featured on the
1999 National Women's History Month Poster

National Women's History Project

Introduction

Stamp collecting is a popular, educational, and inexpensive hobby enjoyed by people of all ages. U.S. postage stamps provide an excellent approach for learning about many of the events and personalities in America's history.

Both commemorative and denominational stamps issued by the United States Postal Service (USPS) have honored individual women, women's organizations, and specific areas of women's occupation. Martha Washington was the first American woman portrayed, to mark the centennial of her death in 1902. Pocahontas was next, in 1907, and "Mothers of America" third, in 1934.

Overall, postage stamps featuring women have been relatively few and far between, as these earliest examples demonstrate. They have only skimmed the surface of American women's rich history. In fact, as of Summer 1998, Pocahontas and Sacajawea are the only Native American women who have been pictured, and a stamp has not yet been issued featuring a Latina or an Asian-American woman. One consequence of this neglect is the continuing misconception that women have done little of national importance. This is far from the truth! We've included a few women in this booklet whom we think should be honored on postage stamps someday. There's a page for your nominations as well!

With the theme "Women Putting Our Stamp on America," the National Women's History Project introduces students and adults alike to the women who have been featured on U.S. postage stamps as well as to a few of the women who clearly merit such honor in the future. Our full-color poster for National Women's History Month 1999 is illustrated with US postage stamps, the artwork from first-day caches, and original portraits. This booklet is the companion piece for the poster.

We all hope you will enjoy this introduction to American women's remarkable history, and actively promote the commemoration of more women on U.S. postage stamps!

The National Women's History Project staff
July 1998

Acknowledgements

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Abigail Adams (1744-1818)

As First Lady, Abigail Adams championed women's education and rights in colonial America. As was typical for girls at that time, Adams received no formal education. She learned homemaking skills from her mother, and her grandparents taught her how to read. On their own, Abigail and her sisters eagerly studied languages, literature, and philosophy in their father's extensive library. Her intelligence and outspoken style attracted young lawyer John Adams, whom she married. During the decade that he traveled as a delegate to the Continental Congress and served as ambassador to France, she very successfully ran the family farm and raised their five children.

Abigail Adams believed that for a democratic nation to prosper it was a mother's duty to educate her children, and, in order to do so, she must be well-educated herself. The many letters she wrote to the political figures of her day reveal her to be an intelligent woman vitally interested in the political affairs of the nation. In one of her letters, she warned her husband that women would begin a revolution of their own if they were not treated fairly and given representation in the new government. While her husband did not always accept her ideas, she was a major influence on his political actions. When their son John Quincy Adams became president, she was credited with his excellent education.

Jane Addams (1860-1935)

Jane Addams was a lifelong advocate for the poor, and the first American woman to win the Nobel Peace Prize. Born into a wealthy Illinois family, Jane Addams was encouraged to use her intelligence through study and diligent work. She was among the first generation of women college graduates, but illness ended her plans to study medicine. On a trip to London, she found her calling at a settlement house for immigrants, Toynbee Hall. Addams and her friend Ellen Gates Starr created a similar institution in Chicago, and named it Hull House. At the settlement house, Chicago's poor immigrants could take classes in English and health education. It also provided child care, and recreation opportunities. Hull House became a model for new settlement houses in many other cities.

Jane Addams used Hull House as the base for other social reform activities, including her participation in the woman suffrage movement. During World War I, Addams became very involved in the international peace movement, which made her popular around the world but unpopular in America. She went on to help found the American Civil Liberties Union and the Women's International League for Peace and Freedom. In 1931, Addams became the first woman to win the Nobel Peace Prize, a fitting tribute to a lifetime dedicated to peace and justice for all.

Susan B. Anthony (1820-1906)

For fifty-six years, Susan B. Anthony organized, spoke, wrote, and petitioned to achieve expanded rights for women, especially the right to vote. Although she did not live to see it, when the Nineteenth Amendment was finally passed, granting women the vote in 1920, it was called "the Anthony Amendment" in her honor.

Susan was born just forty-four years after the Revolutionary War, and she could not accept women's second-class status in a country founded on democracy. Anthony's lifelong struggles to end inequality and discrimination were based on her Quaker upbringing. She began her reform work in the anti-slavery movement long before the Civil War. She met Elizabeth Cady Stanton in 1850. They became partners in the fight for women's rights, and later they founded the National Woman Suffrage Association.

For many years Anthony traveled the country by train, wagon or boat to lecture about women's rights to audiences that might be supportive or hostile. She never married, which proved to be an asset in her work: Only a single woman could sign contracts and engage in business such as renting halls or ordering printing. Married women did not have those rights. As Anthony challenged America to end inequality she became a very well known and controversial figure. She was not forgotten later, either. In 1979, the U.S. Mint issued a silver dollar to honor Susan B. Anthony, making her the only woman pictured on modern American money.

Virginia Apgar (1909-1974)

Because of her important work with newborns, Dr. Apgar's name is well known in hospital delivery rooms around the world. She graduated from Mount Holyoke College in Massachusetts, and received her medical degree from Columbia University's College of Physicians and Surgeons. It was quite unusual for a woman to attend medical school in those days, and Virginia Apgar was only 24 years old when she began medical school.

As a doctor, Apgar's first specialty was in the new field of anesthesiology. She quickly became the director of anesthesiology at Columbia-Presbyterian Hospital and the first woman to hold a full professorship on Columbia University's medical faculty. From her experience studying the use of anesthesia in childbirth, Dr. Apgar developed a scoring system for evaluating an infant's health immediately after birth, and again five minutes later. These measurements, which focus on the baby's heart, breathing, muscle tone, and nervous system, have become the standard for evaluating newborns' health to see if special attention is needed. The "Apgar Score" is still used in almost all medically assisted births worldwide.

Apgar then decided to focus her attention on maternal and child health as public health issues. She joined the staff of the National Foundation of the March of Dimes. Apgar directed their research and work to eliminate birth defects for the remainder of her life.

Clara Barton (1821-1912)

Clara Barton founded the American Association of the Red Cross at age 60, part of her long life of bold achievements. As a young teacher, she established New Jersey's first public school. Next, she became one of the first women civil service employees in the nation, working for the U.S. Patent Office. When the nation was torn apart by the Civil War, Barton joined others in gathering and distributing desperately needed food, clothing and medical supplies for the Union army. But then she did the unthinkable for a decent woman of the time: She went directly onto the battlefields to nurse and comfort the wounded soldiers.

After the war, urged by President Lincoln, Barton coordinated the effort to identify soldiers killed or missing in action and notified their families. On a trip to Switzerland, Barton learned about the International Red Cross and the Geneva Convention, which established humane rules for the treatment of civilians and prisoners of war. When she returned home, she organized the American Red Cross. Today, because of the vision and compassion of Clara Barton, the American Red Cross assists millions of people who are victims of war, as well as of fires, floods, earthquakes, and other natural disasters.

It was also because of the persistent and enthusiastic support demonstrated by Barton that the U.S. Congress finally agreed to ratify the Geneva Convention, and become part of the International Committee of the Red Cross.

Mary McLeod Bethune (1875-1955)

Mary McLeod Bethune was the most influential African-American woman of her day. She devoted her life to creating new opportunities for African-American youth and took the lead in many efforts to challenge racial discrimination.

Bethune grew up on a farm in South Carolina. Her early enthusiasm for education and religion won her scholarships to Scotia Seminary and the Moody Institute for Home and Foreign Missions. She married Albertus Bethune and they moved to Daytona Beach, Florida. There she pursued her long-held dream to create a school specifically for Black girls. Because of her dedication, Bethune's Daytona Normal and Industrial Institute soon flourished. She became a community leader, devoting time to causes including voter registration and woman suffrage through local and national women's organizations.

Bethune was elected president of the National Association of Colored Women in 1924 and founded the National Council of Negro Women in 1935. She served as president of the National Association of Teachers in Colored Schools and as an officer of the NAACP for five years. Presidents Coolidge, Hoover, and Truman appointed her to posts in their administrations. She served in the "Black Cabinet" of President Franklin Roosevelt, directing the Division of Negro Affairs in the National Youth Administration. In 1945, Bethune was an advisor on interracial understanding during the formation of the United Nations, a clear indication of her national stature.

Pearl Buck (1892-1973)

Pearl Sydenstricker grew up to become the first American woman to win the Nobel Prize for literature – writing books about life in Asia. She was born to missionary parents in Zhenjiag, China, where her childhood was very lonely. Sadly, her first marriage was unhappy as well. In order to pay for the care of her mentally retarded daughter, Pearl Buck began writing about the character and daily life of the Chinese people she knew and loved. In 1931, her novel *The Good Earth* was published and became an instant success. The book won her the Nobel Prize for literature in 1938, and wealth and fame followed. Although Buck was snubbed by the serious literary community, her 70 books were very popular around the world.

Pearl Buck always championed the cause of Asian peoples, becoming a respected authority on Asian affairs. She spoke out against racism and the internment of Japanese Americans during World War II. Of particular importance to Buck was the fate of the abandoned children of American servicemen in Asia. She coined the word Amerasian, urged people to take responsibility for them, co-founded Welcome House, an agency specializing in international adoptions, and adopted seven children herself. Buck was decidedly feminist, supporting the Equal Rights Amendment and promoting better education and greater professional choices for all women.

Rachel Carson (1907-1964)

Rachel Carson was a writer whose research launched the modern environmental movement. She had learned to appreciate nature at an early age, while spending time in the wilds of Pennsylvania with her mother and on her own. After college, Carson took a job as a marine biologist with the U.S. Bureau of Fisheries. Writing pamphlets for the Bureau gave Carson the opportunity to tell the public about ocean life and the disturbing findings of her studies of marine biology.

Her most powerful book was *Silent Spring*, published in 1962. In it, Carson told of the environmental dangers of pesticides, especially DDT. Despite thorough documentation of her research, heated debate began about whether or not pesticides were a serious danger to woldlife. Chemical companies and others tried to discredit Carson, but the facts could not be denied. It was the public pressure caused by *Silent Spring* that led the government to ban many deadly pesticides and opened the way for stronger laws on environmental protection around the world. Today, Rachel Carson is thought of as the "mother of the modern environmental movement."

Willa Cather (1873-1947)

Willa Cather spent nearly twenty years as a journalist and magazine editor before starting her marvelous career as a novelist. When she was nine years old, her family moved from Virginia to Nebraska. Young Willa rebelled at the rigid social expectations of her new town's European immigrant culture. In her late teens she cut her hair short, wore overalls, and called herself "Willie," beginning a lifetime habit of refusing traditional gender roles. She befriended men she admired and developed lasting personal relationships with women.

Cather's writing ability blossomed at the University of Nebraska, and work on newspapers and magazines followed. In 1913, Cather published *O Pioneers!*, the first in her series of novels about life in Nebraska. The fourth book, *One of Ours*, drew wide attention and won her a Pulitzer Prize. She wrote about average people, the harsh Northern Plains or the Southwest she loved, and she explored uncomfortably sad human circumstances. Her most popular work is *Death Comes to the Archbishop*. Cather did not stick to parlor-room romances and "feminine" topics, or reflect current political and social trends. This made her popular with the reading public but not with literary critics. Her well-written stories about strong-willed women and ordinary frontier life are increasingly enjoyed today.

Jacqueline Cochran (1906-1980)

Jacqueline Cochran was a daredevil aviator when flying was still a new activity. She had been orphaned early and grew up in poor foster homes in Florida. She left school after third grade to work in the cotton mills and then became a hairdresser. Then she invented her own line of cosmetics which eventually made her wealthy.

Cochran became interested in flying and in 1932 she earned her pilot's license. Soon she was competing in long-distance air races, winning the Bendix Transcontinental Air Race in 1938. When World War II began in Europe, Cochran organized 25 American women to fly for Great Britain. After the United States entered the war, Cochran came home to train women to fly new aircraft to the front lines where they were needed. In 1943 she became the first director of the Women's Air Force Service Pilots, the WASPs. For this work she was awarded the Distinguished Service Medal and was commissioned as a lieutenant colonel in the Air Force Reserve.

In 1953 Cochran was the first woman pilot to break the sound barrier. She chaired the National Aeronautic Commission in 1962 and was inducted into the Aviation Hall of Fame in 1971. Cochran set more distance and speed records than any other pilot, male or female. Her awards, honors, and jobs in aviation were impressive, international, and instrumental in breaking gender barriers.

Bessie Coleman (1893-1926)

Bessie Coleman was the first licensed Black pilot in the world. She was born in Atlanta, Texas, the twelfth of thirteen children. Her father was American Indian and her mother was African American. Coleman moved to Chicago in her late teens and earned her living as a manicurist. Looking for excitement, she decided to become a pilot and tried to take flying lessons. But she found that opportunities were closed to her as a woman and as an African American. France was recommended as a more welcoming aviation community, so Coleman found financial backers, took French lessons, and in 1920 sailed to Paris. A year later, she returned to New York and began her career as a daring stunt and exhibition flier and parachutist. She thrilled the crowds at air shows and county fairs with her death-defying loop-the-loops and barrel rolls.

Once she achieved her own career goals, Coleman set out to establish a flying school for African Americans in this country. She began raising funds through performances and lectures, but her efforts were cut short by her death in a flying accident. Bessie Coleman's courage and determination became an inspiration to other African Americans who had seen her fly, and it was up to them to fulfill her dream.

Ada Deer (b. 1935)

Ada Deer is a modern Native American woman warrior. Raised on the Menominee Indian Reservation in the forests of northern Wisconsin, she became the first Menominee to graduate from the University of Wisconsin. She is also the first Native American to earn a master's degree in social work from Columbia University. While Deer was in college, the federal government passed the Menominee Termination Act, which dissolved the Menominee tribe and reservation, and took away health and schooling services. Ada Deer joined with others to revive the tribal government and fight the Termination Act. With Deer as vice president and chief lobbyist, her people achieved victory in 1973 when the tribe's recognition was restored. This success gave other tribes the resolve to challenge termination, too.

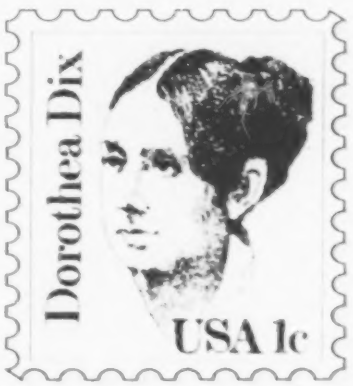
Deer has dedicated her life to social and political reform. She has worked in support of Native Americans, women, and young people through the National Women's Education Fund, Girl Scouts of the U.S.A., the National Association of Social Workers, Americans for Indian Opportunity, the Quincentenary Committee for the Smithsonian Institution, and others. Her dedication, hard work, and clear focus have brought her numerous honors and awards and helped establish respect and rights for Native Americans and all Americans.

Emily Dickinson (1830-1886)

Since she has long been considered one of America's foremost poets, it's difficult to believe that Emily Dickinson was almost unknown in her lifetime. Her father's work as a prominent lawyer and politician brought interesting and intelligent people into the Dickinson home, where young Emily spent a lively youth. After one unhappy year at Mount Holyoke Female Seminary, she returned home and began to live a progressively more reclusive life.

In her upstairs room, Dickinson meticulously crafted short, condensed poems that were not restricted to the acceptable flowery verse and moral lessons of most nineteenth-century women poets. Instead, using language that was intentionally indirect or "slanted," she explored her deepest inner world, her simple domestic existence, and universal truths with fresh, clear expression. Because she often shielded her meanings, critics have often been left to guess what she was really talking about. Whatever she felt at the moment of creation, her poems have touched countless readers and have influenced the development of modern American poetry. Only seven of her poems were published during her lifetime. As more became available after her death, her popularity grew, and in 1924 the *Complete Poems of Emily Dickinson* introduced most of her 1,775 poems that are now in print.

Dorothea Dix (1802-1887)



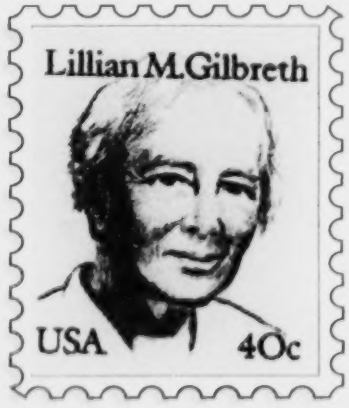
Dorothea Dix is best remembered for her forty-year humanitarian campaign to improve the treatment of the mentally ill. After an unhappy childhood, Dix left home at age 12 to live with her grandmother, and then went to live with another relative in Boston. By age 14, she was teaching, and at 19 she began a school for girls in Boston while she continued her own education.

Dix's life took an unexpected turn when a friend asked her to teach Sunday school for women at the East Cambridge jail. There she found mentally ill women living in ghastly squalor, locked away with drunkards, vagrants and other criminals. Shocked that these conditions were considered standard, Dix quickly took action. After improving the local situation, Dix delved into investigating neglect and mistreatment in prisons throughout the state. In 1843, her findings persuaded the Massachusetts legislature to expand and improve facilities at the state asylum. Her crusade for more humane methods of treatment for the insane across the U.S. led to new asylums and state hospitals for the mentally ill in fourteen other states and Canada. In 1861, she was appointed superintendent of U.S. Army nursing during the Civil War, and helped open nursing as a career field for women. Dix continued to visit and aid hospitals and prisons until her retirement.

Amelia Earhart (1897-1937)

As a child, Amelia Earhart enjoyed sports and outdoor activities. As an adult, she became an adventurous daredevil. She had thought of becoming a doctor, but her first ride in an airplane changed her life. She quit college to learn to fly. Her flight instructor was the pioneering woman pilot Neta Snook. In the 1920s America was in love with the new airplanes. Air shows and flying events like Charles Lindbergh's trans-Atlantic solo flight were big news. Publicist George Putnam arranged for Earhart to be a passenger on a trans-continental flight, which made her the first woman to cross the Atlantic by air. Earhart married Putnam and continued to pursue her passion for flight. She flew solo across the Atlantic, established many new records as a solo pilot, and became very popular nationwide. In June 1937, Earhart and a navigator left Florida for a flight around the world. They had almost completed the journey when they crashed somewhere in the southern Pacific Ocean. Despite a massive search effort, no trace was ever found. Earhart's bold adventuring and enduring popularity opened many opportunities and helped make flying acceptable for women.

Lillian Moller Gilbreth (1878-1972)



Lillian Gilbreth and her husband, Frank, raised twelve children and pioneered time-management practices in business. The couple worked together on time and motion studies for increasing workers' efficiency. They published *Psychology of Management*, the classic book about management theory. With her Ph.D. in psychology, Lillian Gilbreth expanded time management to include ways to improve the modern workplace. She wrote about such things as office communication, incentive programs, and a better work environment. Her concerns went beyond efficiency to take into account workers' feelings, behavior, motivation, and attitudes.

Throughout her career, Gilbreth wrote about the field of industrial engineering and encouraged other women to enter engineering and management. She also developed labor-saving and space-saving methods for the home. After her husband's death, Gilbreth ran the business alone. Their children wrote about growing up in this large household run by extremely organized and efficient parents in the popular book *Cheaper by the Dozen*. Their humorous memories illustrate how both business and family life can be affected by careful thought and planning.

Alice Hamilton, M.D. (1869-1970)

Alice Hamilton pioneered the field of industrial medicine in the United States, and helped make the workplace safer for millions of people. Hamilton grew up in Fort Wayne, Indiana, and was encouraged by her mother to help make the world a better place. As a young woman, she studied medicine and became a professor of pathology at Northwestern's Women's Medical School in Chicago. In Chicago, Dr. Hamilton became acquainted with Jane Addams and her work at Hull House. She moved in to Hull House and volunteered her time. There she learned from industrial workers about medical and health problems caused by working conditions in the factories.

At a time when workers' welfare issues were considered socialist and un-American, Hamilton investigated hazards, poisons, and unhealthy conditions in mills and factories. Much of her research had to be conducted secretly, since factory owners would not have allowed her access to their employees or buildings. Her efforts led to the first state workers' compensation law, in Illinois. Her excellent reputation for accuracy and honesty won her an industrial medicine teaching position at Harvard Medical School in 1919 — the first woman professor there in any field. Many of the workers' safety laws we have today came about as a result of Hamilton's pioneering research.

Helen Keller (1880-1968) and Anne Sullivan (1866-1936)

Helen Keller is an outstanding example of a person who conquered physical handicaps to live a rich and rewarding life. Left deaf and blind by illness when she was very young, Keller lived in isolation until she was six. Her lifelong teacher, Anne Sullivan, made contact with Keller's mind through the sense of touch, using a manual alphabet to spell out words on her hand. Gradually the child was able to connect words with objects. Once she understood, her progress was rapid.

By the time Keller was 16, Sullivan had helped her to communicate enough to go to preparatory school and then to college. She chose Radcliffe, from which she graduated with honors in 1904. Despite her disabilities, and with Sullivan's constant support, Keller had learned French, German, Latin and Greek! The pair continued working together as Keller began a career as a lecturer, political and social activist, and author with fourteen books and hundreds of magazine articles to her credit.

In her later years, Helen Keller became especially interested in bettering conditions for the blind in developing and war-torn countries. Keller's success, and the innovative teaching techniques that had brought her to life, inspired the 1957 movie, "The Miracle Worker."

Maya Lin (b. 1959)

Maya Lin launched her career as an architect by designing the Vietnam War Memorial for Washington, D.C., bringing a new look and sensibility to memorials.

Lin's parents had immigrated to the United States from China. They were artistic themselves and strongly encouraged their children in education and the arts. Lin attended Yale University, and chose a career in architecture because it was a large-scale art form.

In 1981, when she was still a student, Lin heard about a competition to choose a design for a memorial for the Vietnam War, and decided to enter. The sponsors of the competition wanted the memorial to honor each of the 58,000 American men and women who died in the Vietnam War. Maya Lin won the competition from among the 14,241 designs submitted. However, there was strong objection by some to the unconventional, simple black granite design and to Lin's Asian background. The ultimate success of the memorial has been proven by the record-setting number of people who visit it each year.

In the next few years, Lin completed her master's degree in architecture at Yale and joined an architectural firm in New York City. She has since won numerous other commissions for diverse installations around the country. Best known of these are the granite-and-water Civil Rights Memorial in Montgomery, Alabama, and a Peace Chapel in Huntingdon, Pennsylvania. More great works by Maya Lin are sure to come. Her monuments have already helped to define American architectural design and consciousness in the late twentieth century.

Belva Lockwood (1830-1917)

Belva Lockwood ran for U.S. president before women could even vote, not the only unusual thing she tried in her life. Belva Ann Bennett grew up on a farm in upstate New York and began teaching school when she was just 15. Years later, when her husband died, she returned to teaching, but had to fight sex discrimination at every turn. In frustration, she decided to open her own school, one of the first private co-ed schools. Then she started studying law.

Belva Lockwood graduated from the National University Law School at age 40. She had a successful law practice, but when she needed to argue a case before the U.S. Supreme Court, she was refused. It took an act of Congress for her to be able to argue her case, because no woman had ever addressed the Supreme Court before. Lockwood co-authored a Married Woman's Property Act, which became law in 1896. This landmark law finally allowed married women in Washington, D.C., to inherit property, file a lawsuit, buy and sell property, and gain custody of their own children. In 1884, Lockwood daringly became the first woman to campaign for the U.S. presidency, on the National Equal Rights Party ticket. She also won equal pay for equal work for women in the Federal Civil Service, and promoted social reform, world peace, and women's right to vote.

Juliette Gordon Low (1860-1927)

Millions of American girls have enjoyed outdoor adventures in the Girl Scouts because of Juliette Gordon Low. She was known as "Daisy" when she was growing up in Atlanta, Georgia. She was a carefree, wealthy young woman who travelled and organized groups for theater, games, and crafts. An infection left her deaf in one ear, and a grain of rice that landed in her other ear at her wedding resulted in almost total deafness.

When she was widowed at 45, Low traveled and looked for something meaningful to do. In England, she met Sir Robert Baden-Powell, founder of the Boy Scouts, and his sister, Agnes, founder of the Girl Guides. She returned to her home in Savannah, Georgia, and began the first American troop of the Girl Guides. She wanted young girls to gain skills and confidence, to be physically active, independent, resourceful, and ambitious. By 1915, the organization's name had been changed to Girl Scouts of the U.S.A. and troops were being organized nationwide. Although wearing bloomers, camping in nature, and exploring serious professions were not considered ladylike, scouting was popular and the organization grew rapidly. With her determination, Daisy Low's dream became a reality during her lifetime.

Mary Lyon (1797-1849)

Before Mary Lyon opened her college, higher education was simply out of the question for women. But Mary herself had an extremely quick mind and an eagerness for learning that turned into a strong desire to teach. She began to teach in country schools when she was 17, while she continued her own education. Lyon set up several schools before beginning her biggest project.

Mount Holyoke Female Seminary was to be a permanent institution of higher education for women from all economic levels. She wanted it to be as inexpensive as possible for the students, but she wanted the courses to be excellent. She realized she could keep costs down by having the students do their own laundry and housekeeping. After a long fundraising drive, her school was built in South Hadley, Massachusetts. In 1837, the doors of Mount Holyoke opened to the first class of 80 students. The school was a great success and 400 applicants had to be turned away the next year. During its first 12 years, Mary Lyon ran Mount Holyoke, firmly establishing it as a model for women's education. Despite the fact that public support was not available for women's colleges, and despite doctors' warnings that education would damage women's reproductive abilities, Mount Holyoke College has continued as the oldest women-only institution of higher education. Today, the college has 30,000 living alumnae worldwide.

Sonia Manzano (b. 1950)

Anyone who has watched "Sesame Street" in the last fifteen years knows "Maria," who in real life is Sonia Manzano. Manzano grew up in a very close, Spanish-speaking family of Puerto Rican heritage in the South Bronx area of New York City. An interest in theater led her to attend the well-known and well-respected High School for the Performing Arts in Manhattan. From there she went on to study drama at Carnegie Mellon University.

Manzano's role in the original cast of the musical "Godspell" helped her get an audition for "Sesame Street." On the program, Manzano has focused on providing a role model for Latino children, even working with her own daughter, Gabriela, in some episodes. Her acting and writing about Latino culture and life experiences for "Sesame Street" has earned her many awards, including seven Emmy awards. Today, Manzano remains most interested in broadening the television experience for children, especially adding Latino culture to the mix.

Maria Martinez (1887-1980)

Maria Martinez was a famous potter whose black ceramic pots are in museums around the world. Martinez was born, raised and lived her whole life in San Ildefonso, New Mexico, an ancient town of the Tewa people. She grew up learning Tewa traditions and skills. One of those skills was the traditional Pueblo pottery techniques taught to her by her aunt, Tia Nicolasa. As a potter, Maria studied the finest old pieces made by the Tewa. With the help of her husband, she figured out how to recreate the lost art of "black-on-black" glazing traditionally used by her people.

The dense, solid black elegance of her pots, combined with Martinez's exceptional artistic talent, produced instantly recognizable pieces. As the Indian art of the Southwest grew in popularity, the black pots of San Ildefonso were sought after by museums and collectors. Martinez taught this popular pottery style to other potters in the Tewa pueblo. But a "Maria pot" is an especially valued prize. The excellent quality of her work helped elevate the best Native American craft to the level of fine art. Native American communities were able to increase their income and renew pride in their traditional cultures. Martinez's pottery is not a copy of older work, but her own artistic sense united with her people's ancient traditions, a valuable lesson for all peoples.

Graciela Olivarez (1928-1987)

Few Latinas have had as profound an influence on the welfare of all Americans or provided as impressive a role model as Graciela Olivarez. Graciela was born and raised near Phoenix, Arizona. Although she did not finish high school, she put herself through business school. Then she went into radio, and became Phoenix's first female disc jockey. During the high-energy 1960s, Olivarez became very concerned about the poverty in her state. Her determination won her an influential position as Arizona's State Director of the Office of Economic Opportunity. She was responsible for programs such as Head Start, Job Corps, legal services, and migrant worker services.

Olivarez's work was so impressive that the president of Notre Dame University encouraged her to attend law school. Olivarez enrolled and soon became the first woman to graduate from Notre Dame's School of Law, at age 42. She went to New Mexico to teach law, and again focused on social issues such as poverty. She was New Mexico's State Planning Officer when President Carter named her director of the Community Services Administration. In 1980, Olivarez returned to New Mexico to run her own businesses in television and public relations. Graciela Olivarez's amazingly productive work and social activism touched the lives of many, many people. For this work she was awarded many honors, including three honorary doctorate degrees.

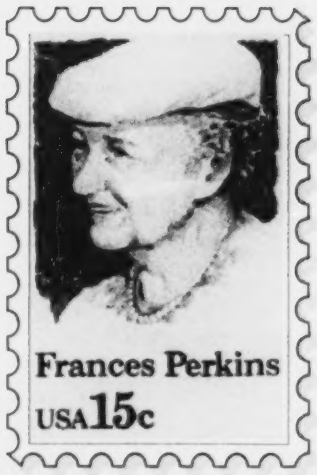
Alice Paul (1885-1977)

Alice Paul was the leader of the National Woman's Party, one of the organizations that helped win women the right to vote in the United States. She began her career with Quaker ideals and a good education, earning college degrees in social work, economics, and law. By 1912, only a few states had granted women the right to vote, and the constitutional amendment had made little progress through Congress. Alice Paul asked to be appointed co-chair of the Congressional Committee of the National American Woman Suffrage Association to lobby for the amendment's passage. Drawing on the dramatic style of British suffragists, Paul reinvigorated the American movement. The day before President Wilson's inauguration in 1913, Alice Paul staged a spectacular march of about 5,000 women before the assembled crowds. She formed the National Woman's Party and orchestrated the silent picketing for suffrage in front of the White House, the first nonviolent civil disobedience ever staged on Pennsylvania Avenue.

When the Nineteenth Amendment granting women the vote finally became law in August 1920, Alice Paul realized that it would not ensure women's equality. In 1923, she drafted the Equal Rights Amendment (ERA) to prohibit discrimination based on sex.

On the international level, in 1938 Paul organized the World Woman's Party for Equal Rights, the architects of the United Nations Commission on the Status of Women in 1946. Throughout the 1950s and '60s, Paul turned her attention to working vigorously for women's rights language in U.S. civil rights legislation.

Frances Perkins (1880-1965)



Frances Perkins was the first woman appointed to a presidential cabinet-level position. As Secretary of Labor under Franklin Roosevelt, she initiated many "safety net" programs that we take for granted today. Perkins grew up in New England and graduated from Mount Holyoke College. Graduate studies at Pennsylvania and Columbia University convinced her that an industrial society like ours can, and should, take care of its citizens through government-run programs. She did social work at Hull House in Chicago and with immigrant working women in Philadelphia. Then she focused her work on the plight of industrial workers, directing studies of female and child labor.

Her lobbying resulted in laws about factory safety standards and on hours and wages. President Franklin Roosevelt appointed Perkins the U.S. Secretary of Labor in 1933. For the next 12 years, Perkins took a leading role in designing New Deal social reforms. She drafted legislation which began Social Security, established the Division of Labor Standards, workers' compensation, the Civilian Conservation Corps, and unemployment insurance. She also worked for laws prohibiting child labor, setting a national minimum wage, and limiting the hours of the workday. She then served on the Civil Service Commission until she retired to lecture and teach.

"Ma" Rainey (1886-1939)

Ma Rainey is legendary as the "Mother of the Blues." Her real name was Gertrude Pridgett. She began her show business career at age fourteen in a revue in her hometown of Columbus, Georgia. She was already a star and the leader of the Rabbit Foot Minstrels when she married singing comedian William "Pa" Rainey when she was eighteen. They combined their acts and she became "Ma" Rainey. Short, plump, and flirtatious, Rainey added the Missouri blues to her show so effectively that she became known as the "Mother of the Blues." After the Raineys separated, Ma Rainey successfully ran a traveling tent show as a singer, dancer, songwriter, comedian, producer, and theater manager. At age thirty-seven, she signed a contract with Paramount Records of Chicago and became a national recording star.

During the blues craze of the 1920s, Ma Rainey's Classic Blues style became nationally known and was especially popular in the South. She toured African-American vaudeville theaters for several years. By the late 1920s, radio, movies, swing music, and men singing country blues took over and she lost her Paramount contract. When the Great Depression of the 1930s brought an end to Black vaudeville, Rainey retired home to Georgia, but her influence on African-American show business and the blues has continued.

Eleanor Roosevelt (1884-1962)

Eleanor Roosevelt served as First Lady from 1933 to 1945 as the wife of President Franklin Roosevelt (FDR). For her dedication and distinction during those years, she became known as First Lady of the World. Eleanor Roosevelt was born to wealth and social prestige, but she was orphaned at ten and raised by a rigid, uncaring grandmother. As a young woman, she joined New York City society and became involved in assisting the poor and neglected. She married her fifth cousin, Franklin, and supported him in the political arena, raised their children, and worked for the Red Cross and other social organizations. When FDR was crippled by polio in 1921, Eleanor Roosevelt served as his personal contact to the public at large.

Their first terms in the White House were during the Great Depression. The First Lady traveled around the country, witnessed the problems, talked to the people, and informed the president. Her input helped shape New Deal legislation as she championed equal rights for women, civil rights for minorities, and food, education, jobs, and dignity for all people. After FDR's death and the end of World War II, Eleanor Roosevelt dedicated herself to peace. As U.S. delegate to the newly forming United Nations, she headed the Commission on Human Rights and championed the Declaration of Human Rights. In 1961, President Kennedy appointed her Chair of the Commission on the Status of Women.

Sacajawea (c.1789-c.1812?)

Sacajawea is well remembered as the young Indian woman who helped Meriwether Lewis and William Clark on their 1804 expedition to explore the West for the United States. She was originally a Shoshone, born in the mountains of what would become Idaho. But at about ten years of age, she was among the women and children taken captive in a Hidatsa war raid, then sold to the Mandan. Eventually she and another woman were bought by Touissant Charbonnier, a French-Canadian trader.

Sacajawea was in her mid-teens, Charbonnier's second wife, and mother of their newborn son when Lewis and Clark hired Charbonnier as an interpreter for the first part of the expedition. Along the way, Sacajawea proved invaluable because of her survival skills, knowledge of the country, and ability to speak with the various tribes the explorers met. Her presence signaled that the travelers had come in peace. After the journey, the Charbonniers settled near St. Louis, but ended up returning to Shoshone country, leaving no real record of Sacajawea's later life.

Lucy Stone (1818-1893)

Lucy Stone spent most of her life actively campaigning for women's rights. Coming from a large family with a very overworked and unappreciated mother, Stone dedicated herself to improving the status of women. She attended Mount Holyoke Female Seminary and, upon graduation from Oberlin College, became the first woman in the U.S. to receive a bachelor's degree. At Oberlin, Lucy Stone became an outspoken anti-slavery activist, lecturing for the American Anti-Slavery Society after college. Increasingly, she added women's rights to her work.

In 1850, Stone helped organize the first National Women's Rights Convention in Worcester, Massachusetts. She personified the reform and liberation movements, wearing bloomers and braving ridicule as she truly moved audiences with her impassioned speeches. When she married Henry Blackwell in 1855, she broke with tradition and kept her own last name. The two of them began publication of *The Woman's Journal*, a weekly newspaper which ran for 47 years. In 1869, Stone co-founded the American Woman Suffrage Association, dedicated to gaining women the vote state by state. In 1890, this group joined with the National Woman Suffrage Association that had been formed by Susan B. Anthony and Elizabeth Cady Stanton to focus on federal voting rights. Stone became chair of the executive committee and never stopped advocating women's rights.

Sojourner Truth (c.1797-1883)

Sojourner Truth was an extremely popular orator, traveling around the country and speaking out against slavery and in favor of more rights for women. Isabella Baumfree was born a slave near Kingston, New York. She escaped slavery in 1827 and changed her name to Sojourner Truth. The next year, slavery was abolished in New York State, and she was legally free. Truth never learned to read or write, but she had a strong presence, deep religious convictions, and a passion to right the wrongs she witnessed.

Over six feet tall and confident, Sojourner Truth traveled the country speaking against slavery and for women's rights. During the Civil War, she helped former slaves who were fleeing the war-torn South. When African-American men gained the vote through the passage of the 15th Amendment, Truth increased her efforts toward winning the vote for women. Her powerful speeches were simple and direct, often quoted, and long remembered by her audiences at religious camps, anti-slavery rallies, and suffragist meetings. While she is best known for her powerful "Ain't I a Woman?" speech at an Ohio Equal Rights Association meeting, recent scholarship has raised questions about the actual content of that speech. Nevertheless, Sojourner Truth remains one of the great orators of her day.

Harriet Tubman (c.1820-1913)

Born a slave in Maryland, Harriet Tubman became a successful conductor on the Underground Railroad to freedom. When the owner of the plantation Harriet Tubman belonged to died, she heard she might be sold to a distant plantation. In 1849, she decided to take her chances and flee to freedom in the North. Her husband, John Tubman, remained in Maryland and remarried. Harriet Tubman reached Philadelphia, then returned to Maryland to help others in her family escape. The Underground Railroad was a train-less collection of trails, people, and safehouses providing secret routes from the southern slave states to the northern free states and to Canada. Being caught escaping or helping an escaped slave could result in death.

For over a decade, Harriet Tubman led more than 300 people to safety along the Underground Railroad, never losing a passenger. During the Civil War, she worked for the Union Army as a scout, nurse, and spy. After the War, the Thirteenth Amendment abolished slavery in the U.S. and the Underground Railroad became unnecessary. In her later years, Tubman founded two schools, was involved in the growth of the African Methodist Episcopal (AME) Church, worked for woman suffrage, and founded a home for the aged near Auburn, New York.

Yoshiko Uchida (1921-1992)

Yoshiko Uchida was one of the most prolific children's authors. She grew up in California in the Japanese-American culture. She became very aware that there were no books about children like herself, so she decided to write them. At age ten she wrote her first book, and continued writing throughout her life, completing twenty-eight children's books. Her most famous book, *Journey to Topaz*, continues to be very popular with young readers.

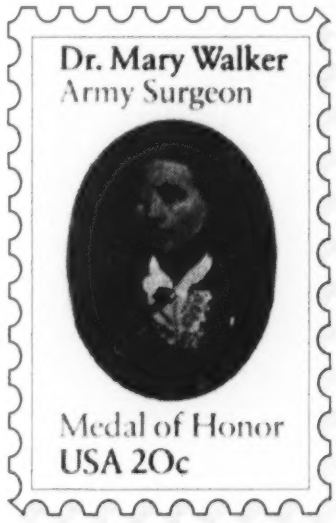
Most of her writing was about Japanese-American children and their experiences. The books often evolved from stories she heard in her community, or from experiences in her own life. She wrote several books based on the time she and her family spent in the internment camps for Japanese in the United States during World War II. Dealing primarily with the inner strength and conflicts of children with immigrant parents, Uchida's work has helped thousands of Asian Americans growing up in two very different cultures. In recent years, her books have helped ease the transition for young Southeast Asian immigrants to the United States.

Madam C.J. Walker (1867-1919)

Sarah Breedlove's inventiveness and determination made her America's first African-American woman millionaire. It was a long climb from her youth as an uneducated worker in Louisiana's cotton fields and kitchens. Sarah became an orphan at age seven, married at fourteen, and at twenty she was a widow supporting her two-year-old daughter as a washerwoman. To salvage her own damaged hair, she invented a formula to strengthen Black women's hair and heal scalps. Now a "hair culturist," she went to New York to sell her products, and married Charles Joseph Walker. The marriage did not last, but the Madam C.J. Walker Manufacturing Company grew, and Madam traveled throughout the South and East, developing a business that made her extremely wealthy.

Walker believed that proper hair care was vital and that good grooming and good education were keys to success for "Negro womanhood." She taught the Walker System of hair and skin care and hired tens, then hundreds, then thousands of Black women to sell her products and become independent businesswomen themselves. She gave freely of her wealth and energy, considering charitable contributions and political activism the most powerful tools for social change and the best reflections of success. Madam C.J. Walker's ceaseless efforts against racism were renowned, but also contributed to her early death from hypertension.

Mary Walker, M.D. (1832-1919)



The daughter of teachers, Walker chose to be a doctor and graduated from Syracuse Medical College in 1855. About that time, she began wearing the new costume called "bloomers," the beginning of her crusade for more comfortable clothing for women. She believed tight corsets, large hoopskirts, and restrictive clothing were unhealthy and reinforced the image of women as weak and incapable.

When the Civil War began, Walker was not allowed to enlist as a physician, so she volunteered in the hospitals. Finally, she was appointed assistant surgeon of the 52nd Ohio Infantry. She treated Union soldiers and Confederate civilians until her capture and imprisonment at Richmond's Castle Thunder. Dr. Walker was proud to be released from prison in exchange for a Confederate army major. She then served as surgeon in a women's prison and an orphanage. In 1865, President Andrew Johnson awarded her the Congressional Medal of Honor for Meritorious Service; she was the only woman ever so honored until recently. Walker worked various jobs, lecturing and lobbying for women's rights, always fashionably dressed in men's clothing. She supported several organizations, including The Mutual Dress Reform and Equal Rights Association, but became increasingly eccentric and retired to her hometown of Oswego, New York, remaining forever a symbol of independence.

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Ida B. Wells (1862-1931)

Ida B. Wells was a fearless crusader for the rights of African Americans and women. She was born a slave in Mississippi during the Civil War, and grew up free. In her late teens, she moved to Tennessee to teach school. Her desire to educate others drew her to journalism as a way to inform more people in the local Black community.

Through her newspaper in Memphis, Wells examined problems and conditions of her community with the passion of an investigative reporter. When three successful Black businessmen were lynched, she knew she had to do something about it. Her research uncovered the fact that the victims of lynching were frequently financially independent Blacks with successful businesses. She spoke out fearlessly against lynching to audiences in the U.S. and England. Even when her newspaper office was burned down she did not stop the fight.

Her other major focus was women's right to vote. Wells believed that the ballot box and strong, organized community action were the route to justice and equality for African Americans. Her commitment to organizing work included being the first president of the Negro Fellowship League (1900), co-founding the National Association for the Advancement of Colored People (1909), and forming the first Black woman suffrage club in Illinois.

Frances Willard (1839-1898)

At the time of her death, Frances Willard was the most admired and loved woman in America. Raised on the sparsely populated Ohio frontier, Willard grew up without many of the restrictions experienced by girls at that time. After graduating from college, she became a teacher and later was appointed president of Evanston College for Ladies, making her the first female college president in the U.S. In 1874, she resigned her academic career and became involved with the Women's Christian Temperance Union (WCTU), an organization which was growing rapidly throughout the Midwest. In 1879, she became president of the WCTU and began a program to expand the focus of that huge organization to include involvement in the woman suffrage campaign and other reform issues. Under the banner of "home protection" Willard led over 200,000 women into involvement in politics and community issues affecting the lives of their families. She headed the WCTU for twenty years, and became one of the best known and most loved women in the U.S. When she died in 1898 at the age of 58, over 20,000 people filed past her casket as she lay in state at the Women's Temple in Chicago.

Mildred "Babe" Didrikson Zaharias (1911-1956)

During her lifetime, no man or woman was a better all-around athlete than Babe Didrikson. Mildred Didrikson was raised in Beaumont, Texas, the sixth child and youngest daughter of Norwegian immigrants. She loved all sports and was highly competitive at every game she played. In high school, she excelled in basketball and track, and it was track that took her to the 1932 Summer Olympics in Los Angeles. There, Didrikson set world records and won gold medals in the javelin throw and hurdles, and a silver medal in high jump. The public loved her, and she showed the way for other women in sports throughout the 1930s, '40s, and '50s.

While she was at the Olympics, Didrikson was invited to join a golf game and showed impressive natural talent in that sport, too. She decided to focus on golf, and went on to win 82 tournaments. Some people suspected that Didrikson was a lesbian, which was totally unacceptable at the time. She feminized her image and married wrestler George Zaharias to stop the talk. Tough, aggressive, and graceful, Babe Zaharias loved a challenge and always went out to win. Not happy with the opportunities for women in professional golf, she co-founded the Ladies Professional Golf Association, the LPGA, and helped popularize that sport for women.

Lucretia Coffin Mott (1793-1880), Elizabeth Cady Stanton (1815-1902), Carrie Chapman Catt (1859-1947)

This stamp commemorates the 100th anniversary of the Women's Rights Movement

In November 1920, all women citizens of the United States were eligible to vote in a presidential election for the first time. Thousands of women had worked for over a century for all citizens to be represented in the government. This suffragist movement stirred up great passion and provided an opportunity for many exceptional women to develop and utilize their talents. The three women pictured here are shining examples of the movement's leadership. Lucretia Mott was a Quaker minister, teacher, and dedicated opponent of slavery before turning her attention to women's rights and suffrage. She was one of the women who called the first Women's Rights Convention, in Seneca Falls, New York, in July 1848. The "Declaration of Sentiments and Resolutions," passed by that convention, formally launched the Women's Rights Movement.

Elizabeth Cady Stanton was also a co-convener of the Seneca Falls convention. She came from a politically oriented family and traveled to the World Anti-Slavery Convention with her abolitionist husband in 1840. There she met Mott. Stanton later met and collaborated with Susan B. Anthony in founding several women's organizations, writing the Nineteenth Amendment, and campaigning across the country for women's rights. Carrie Chapman Catt came to the suffrage movement from teaching and publishing. She not only directed the concluding campaigns for women's vote in the U.S., but became a leader of the worldwide push for woman suffrage.

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Other Stamps Featured on the 1999 NWHM Poster

Honoring Mothers

Honoring Teachers

Woman Suffrage 50th Anniversary

Honoring Women in the Armed Services

International Women's Year

Honoring Nurses

Woman Suffrage 75th Anniversary

Classroom Activities

Invite the budding philatelists in your class to bring their collections – or a few of their stamps – to school to help you launch a new unit about American history. Your discussion might include these questions:

Who are the people represented on the stamps they have in their albums?
What are these people famous for having contributed to our country?
Who are other famous American women and men your students can name?
Construct a list on the blackboard.
What areas of activity do these people represent?
Are women represented in equal numbers? For similar or different accomplishments?
If there are fewer women on the list, why might that be?

Discuss the social and legal restrictions that historically kept women from being active in the areas of public life represented by the men on stamps. Is this situation changing?

Help each student select a historic American woman who has appeared on a U.S. postage stamp or who they would nominate for a future stamp, then conduct research to learn more about her life and contributions. Ask your school and community librarians to help identify resources for this purpose. Alternatively, the web site of the National Women's History Project (www.nwhp.org) has many "Important History Links" chosen specifically for the biographical information they provide.

Have each student report back to the class as a whole, choosing from one of these options:

- Nominate an American woman for a new commemorative stamp.
- Write a persuasive essay about her contributions and submit it to the U.S. Postal Service for consideration. Directions are on page 26.
- Design a full-color commemorative postage stamp, including symbols of her achievements. A format is provided on page 28.
- Design an original "First Day Cache," drawn on a white envelope. Examples of existing caches are pictured on page 27.
- Write and submit a biographical entry for posting on the Internet's Encyclopedia of History (www.teleport.com/~megaines/woindex.html).
- Develop and present a first-person performance as the woman, wearing something she might have worn and speaking about her own life.
- Prepare for a television interview, representing the woman on a "Lives of the Famous" program. Have another student "interview" you, asking questions you have prepared for answering.
- Write a short skit about a dramatic event in the woman's life and stage a performance for the class.
- Write a newspaper article describing a particular accomplishment of the woman as though the event has just occurred. Remember to answer "who, what, when, where, and why" in the first paragraph of your story.

- Construct a freestanding monument featuring the woman's likeness and incorporating symbols for her life activities. Describe the monument on a large card for viewers.
- Build a three-dimensional diorama of an event in her life.
- Paint a mural or develop a timeline of her life, illustrating its highlights.

The results of this creative work can be shared through hallway displays, or by "time travelers" making scheduled appearances in other classrooms or at a school-wide assembly.

Nominate women for U.S. commemorative postage stamps

Who is the notable American woman that you would like to see honored on a commemorative postage stamp? The Citizen's Stamp Advisory Committee will consider your nomination if you make a strong argument for her historic importance.

There are criteria that guide the committee in choosing new subjects:
- U.S. postage stamps shall feature American or American-related subjects.
- No living person shall be honored by portrayal on U.S. postage.
- Commemorative stamps honoring individuals usually will be issued on, or in conjunction with, significant anniversaries of their birth, but not sooner than ten years after the individual's death.
- Events of historical significance shall be considered for commemoration only on anniversaries in multiples of 50 years.
- Only events and themes of widespread national appeal and significance will be considered.
- Stamps shall not be issued to honor individuals whose principal achievement is associated with religious undertakings or beliefs.

Nominations should be submitted at least three years in advance of the proposed date of issue to allow sufficient time for the committee's consideration and for design and production if the subject is approved.

Each nomination should include the woman's full name, birth and death dates, and a thoughtful argument for her importance in America's history.

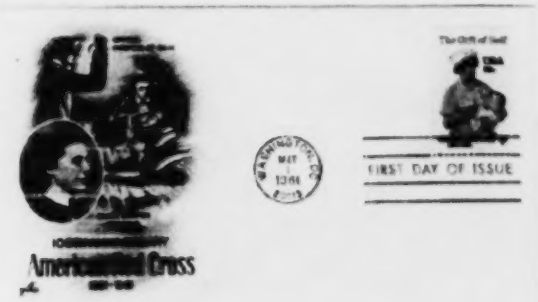
Send all nominations to:

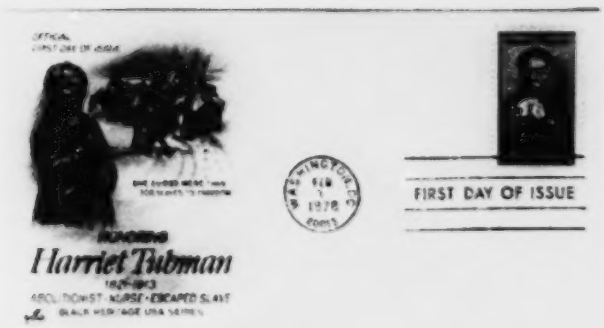
Citizen's Stamp Advisory Committee
c/o Stamp Management
U.S. Postal Service
475 L'Enfant Plaza, SW, Room 4474 #B
Washington, DC 20260-6756

First Day of Issue

Commemorative stamps honoring people are first introduced in a public ceremony where that person was born, lived, or gained renown. On that day, a special cancellation is used on envelopes bearing the new stamp that tells the date and city for this "First day of issue."

A "First day cache" is also printed for that event. It is an envelope with artwork on the left front side depicting the person and a scene representing the activity that earned the person fame. The new postage stamp is put in the top right corner, and is cancelled with the special "first day of issue" cancellation. Philatelists around the world collect these caches. Here are a few examples of caches honoring women:





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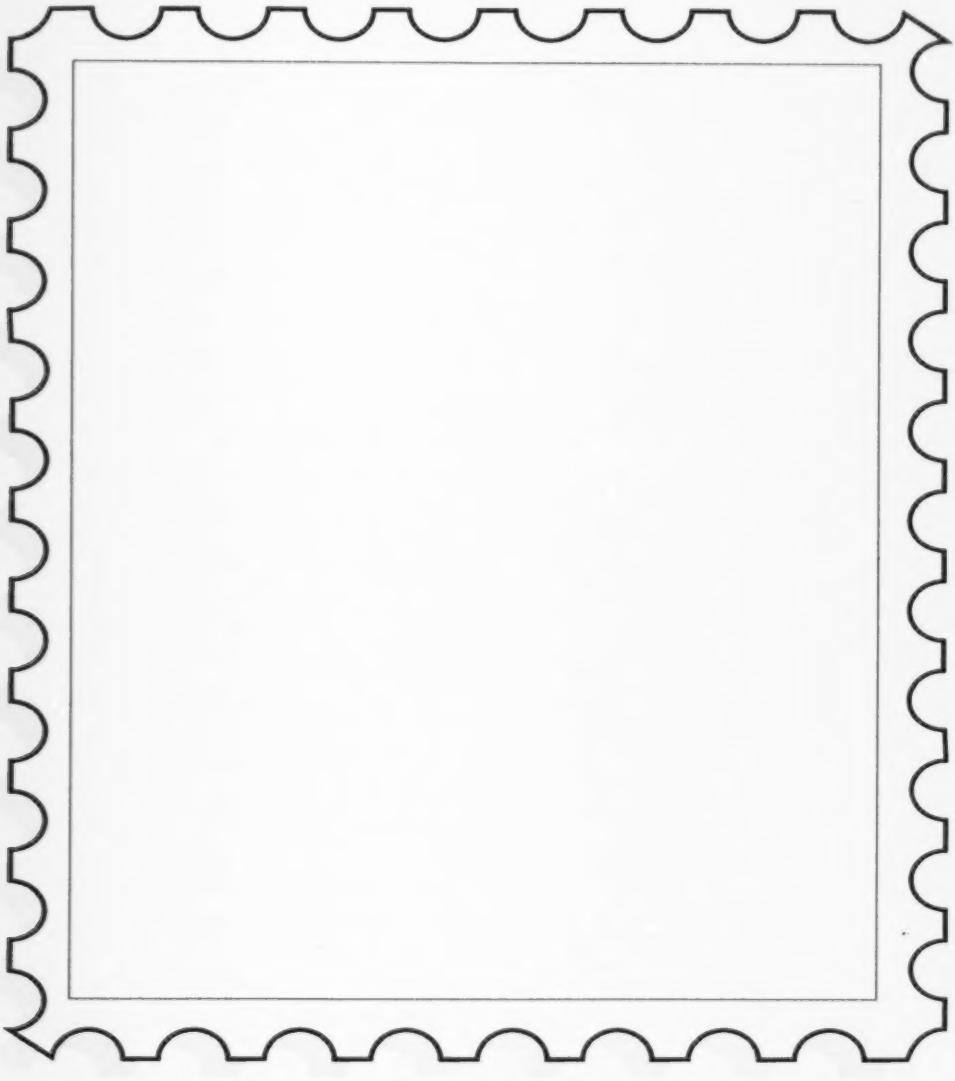
Design a stamp honoring a woman in history.



This woman's name is _____ .

She should be on a U.S. postage stamp because _____

_____

_____ .

The artist's name is _____ .

Matching Game

These women put their stamp on America.
Can you match each woman to her accomplishment?

Juliette Gordon Low	I was U.S. Secretary of Labor for twelve years.
Sacajawea	I was a pilot during WWII and the fastest woman pilot.
Jacqueline Cochran	I was a pioneer in workplace safety laws.
"Ma" Rainey	I have starred on "Sesame Street" for many years.
Susan B. Anthony	I was America's first Black woman millionaire.
Jane Addams	I founded the Girl Scouts of the U.S.A.
Madam C.J. Walker	I was a bi-plane stunt pilot in the early years of aviation.
Frances Perkins	I won the Nobel Peace Prize.
Bessie Coleman	I founded the American Red Cross.
Maya Lin	I guided the Lewis and Clark expedition to the Pacific
Clara Barton	Ocean.
Ida B. Wells	I was a leader of the early women's rights movement.
Harriet Tubman	I was an advocate for people with disabilities.
Babe Didrikson Zaharias	I was a Nobel Prize-winning author.
Maria Martinez	I made pottery that is in museums around the world.
Sonia Manzano	I wrote a book that launched the environmental movement.
Yoshiko Uchida	I was a conductor on the Underground Railroad.
Helen Keller	I wrote many books about Japanese-American life.
Alice Hamilton	I was a prize-winning athlete in every sport I tried.
Rachel Carson	I was a famous blues singer.
Pearl Buck	I was a journalist and civil rights advocate.
	I designed many important national monuments.

Answers on p. 30

Information Sources

Video:

A 14-min. video, "Women on Stamps," was produced by the U.S. Postal Service telling about some of the women who have been honored on postage stamps. It may still be available from your local Post Office. It is also being distributed by the National Women's History Project as part of the National Women's History Month Program Kit.

Local resources:

Look in your local telephone book for advertiser listings under "stamps" or "coins" to locate a nearby dealer. The merchant will have previously issued stamps for sale as well as information about forthcoming postal issues, local stamp clubs, and philatelic conventions.

National resources:

The Women on Stamps Study Unit (WOS) is an affiliate of both the American Topical Association and the American Philatelic Society. WOS publishes a quarterly bulletin, *The Topical Woman*, featuring biographies of the women on newly issued stamps from around the world. WOS also promotes commemoration of additional women, furnishes material about exhibiting, and serves as a conduit of information about and for members. Annual dues are $8 for North American members, $12 for overseas, mailed to Phebe Royer, 259 Middle Road, Falmouth, ME 04105. An index of *The Topical Woman* biographies is available (for a $1.24 SASE or $3.30 in IRCs for overseas mail), and a yearly index is published every October. The organization can also generate lists of women according to their accomplishments. Requests for special lists should be accompanied by your estimate of appropriate postage. These services, and back issues of *The Topical Woman* ($1.25 each), are available from Davida Kristy, 515 Ocean Avenue, #608S, Santa Monica, CA 90402.

The U.S. Postal Service provides a free quarterly, the USA Philatelic Catalog, describing and illustrating all currently available and forthcoming stamps. Order it from 1-800-STAMP24, then press 2.

Linn's Stamp News is an 80-page weekly tabloid focusing on new U.S. stamps, with information about what you can get, and when and where you can get it. It sometimes includes the history of the people or things featured and information about the artist. Three-quarters of the text is advertisements from dealers and collectors. Subscriptions are $39 per year. Send to: Linn's Stamp News, P.O. Box 29, Sidney, OH 45365; (937) 498-0801.

The American Philatelic Society web site (www.west.net/~stamps1/aps.html) has a "Youth Activities" page offering various pamphlets and linking to activities (none of which currently focus on women), and an invitation for you to submit new activities. Please take them up on this! Address your activity sheets to Ken Martin, Youth Coordinator, APS, P.O. Box 8000, State College, PA 16803, or call (814) 237-3803.

The American Philatelic Society publishes a monthly magazine, *The American Philatelist*, with articles about historic topics of interest to collectors. A sample copy costs $2.25 from the APS, P.O. Box 8000, State College, PA 16803. For other information, call (814) 237-3803.

For children ages 8-12, the USPS has initiated a Stampers Youth Program with a new format for stamp collecting. A Stamper Card, the matching stamp, and a mount to attach the stamp to the card come as a kit. These let children trade stamps without touching them repeatedly. The kit also includes a booklet of pencil games, and a catalog of inexpensive merchandise (other booklets, tattoos, and such). Starter kits are $9.95 with a carrying case, cardbook for 64 cards, guide, and magnifying glass. Call 1-800-STAMP24, then press 5 for information.

The *Postal Service Guide to U.S. Stamps* is one of the best resources for information about older stamps and their current values. It is available through the USPS for $12.95. Call 1-800-STAMP24 to order a copy.

Answer Key to matching game on page 29:

Juliette Gordon Low – I founded the Girl Scouts of the U.S.A.
Sacajawea – I guided the Lewis and Clark expedition to the Pacific Ocean.
Jacqueline Cochran – I was a pilot during WWII and the fastest woman pilot.
"Ma" Rainey – I was a famous blues singer.
Susan B. Anthony – I was a leader of the early Women's Rights Movement.
Jane Addams – I won the Nobel Peace Prize.
Madam C.J. Walker – I was America's first Black woman millionaire.
Frances Perkins – I was U.S. Secretary of Labor for twelve years.
Bessie Coleman – I was a bi-plane stunt pilot in the early years of aviation.
Maya Lin – I designed many important national monuments.
Clara Barton – I founded the American Red Cross.
Ida B. Wells – I was a journalist and civil rights advocate.
Harriet Tubman – I was a conductor on the Underground Railroad.
Babe Didrikson Zaharias – I was a prize-winning athlete in every sport I tried.
Maria Martinez – I made pottery that is in museums around the world.
Sonia Manzano – I have starred on "Sesame Street" for many years.
Yoshiko Uchida – I wrote many books about Japanese-American life.
Helen Keller – I was an advocate for people with disabilities.
Alice Hamilton – I was a pioneer in workplace safety laws.
Rachel Carson – I wrote the book that launched the environmental movement.
Pearl Buck – I was a Nobel Prize-winning author.

National Women's History Project

This booklet is one of the many resources developed by the National Women's History Project for use by educators and by workplace and community organizers. The National Women's History Project is committed to providing education, promotional materials, and informational services to recognize and celebrate women's diverse lives and historic contributions to society.

National Women's History Month, celebrated in March of each year, was originated by members of this Project. It has become a regular feature on school, workplace and community calendars throughout the country. It is our goal to eventually have the study of women's history included as a regular part of the K-12 curriculum, so that all our children will grow up knowing about the lives and contributions of women from all walks of life.

The Women's History Catalog has grown dramatically since its inception in 1983. The catalog offers a plethora of books, curriculum units, posters, games, plays, videos, and more, about multicultural women's history – all easily accessible by mail order.

The Women's History Network, coordinated by our office, includes hundreds of individual and institutional participants, working together across the country to write women back into history. A quarterly newsletter keeps Network members abreast of information; directories make each participant accessible to the others.

The NWHP consulting staff conducts in-service training workshops for school districts and state departments of education throughout the country. Our five-day teacher-training workshop, held each summer in California, draws educators and community activists from across the nation.

We are a nonprofit educational corporation; your donation, above the price of items ordered, is tax deductible and will greatly facilitate our ongoing work.

It is our hope that the services and materials we offer will be a useful resource and support for your efforts to write women back into history.

The National Women's History Project Staff

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